Home is where your heart is

When Cedarglen Homes, with support from its trades, suppliers and Brookfield Residential, chose to help Wellspring Calgary open new doors in south Calgary, it took generosity and heart to a whole new level.

From March–May, a beautiful Cedarglen showhome in Auburn Bay became “Wellspring Calgary South” and provided convenient access to programs for people in the southern part of the city and beyond.

But the gift didn’t end there. The showhome was auctioned and its proceeds of almost $525,000 were donated to Wellspring Calgary, to be invested over the next four years on its vital programs and resources.

And it won’t end there. That unprecedented donation, combined with support from the Alberta Cancer Foundation, has made it possible for Wellspring Calgary to reach out and deliver a select offering of programs at Quarry Park’s Cardel Theatre this fall.

“Wellspring Calgary has so many amazing groups that my husband and I would love to participate in, but with treatments and work and an eight-year-old daughter, making the long drive to the north just hasn’t been easy.”

Connections Sera made are still strong and she has an invaluable network of support today that she wouldn’t have if not for the Cedarglen home. “I now need Wellspring Calgary more than ever, and with programs in the south, I have it.”

The Cedarglen home was perfect, she says, because “it felt like walking into someone’s home, like going to a friend’s house” at a time when she needed it most: when she started taking courses, she believed was finished with treatment, but subsequently learned that her cancer is terminal. “To get that kind of diagnosis is devastating,” she says. “But I kept going because I needed to be around those people. It’s really important to me to hear from people who have heard those words and been in my situation and made it well past the prediction. That’s key for me.”

‘Cedarglen Homes may have thought they were building a house, but they were actually building hope and faith and an opportunity for us to have a really good day.’

Join us at Cardel Theatre in Quarry Park this fall

A select number of Wellspring Calgary programs will be delivered in the south this October–November.

For dates and details: www.wellspringcalgary.ca

403.521.5292

Patti Morris, Allison Harvie, Howard Tse, David Harvie, John Bargman
Our Mission

Wellspring Calgary is a warm and welcoming community that provides a comprehensive range of support, resources and programs so anyone living with cancer and the people who care about them can improve the quality of their lives.

Key Contacts

Main phone: 403.521.5292
Donations and giving
Emily Braun
funddevcoord@wellspringcalgary.ca
Suzan Valenta
suzanv@wellspringcalgary.ca
Volunteers
Nancy Bilodeau-Cogger
nancybc@wellspringcalgary.ca
Programs
Anna Carnell
annac@wellspringcalgary.ca
Executive Director
Patti Morris
pattim@wellspringcalgary.ca

Follow us

@WellspringYYC
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Celebrate Life! is published twice each year by Wellspring Calgary and distributed free of charge. Our goal is to keep you informed about what we do and to tell stories that matter — about the people who contribute to Wellspring Calgary in so many ways, about lives changed and about how people like you truly make what we do possible. We invite you to get involved. Share your comments and your stories. Please contact the Editor, Suzan Valenta, at suzanv@wellspringcalgary.ca or 403.521.5292, ext. 306. Or send a note to Celebrate Life!, Wellspring Calgary, 1404 Home Road NW, Calgary, AB T3B 1G7.

Like so much at Wellspring Calgary, we can’t Celebrate Life! without you.

Is there anything else we can do for you?

For the past four years, Gary Boucher has given Wellspring Calgary members something that seems to be in increasingly short supply in today’s busy world: time. He spends much of it in the simple yet powerful act of listening.

“When someone wants to talk, I’m here to listen.”

Sometimes it’s easier to talk to a stranger than someone who is well known and close to you,” says Boucher, one of Wellspring Calgary’s peer support volunteers. These trained volunteers are not counsellors, but have a vital role to play in warmly welcoming new members to Wellspring Calgary and giving all members someone to talk to whenever they feel the need.

“You’d think that a guy like me, in my mid-60s, wouldn’t have much in common with a woman who has breast or ovarian cancer,” he notes, “but we don’t have medical kinds of discussions. We talk about the cancer process, about issues with family or friends … anything.

“When someone wants to talk, I’m here to listen. It may be for an hour or two. It may be only once. It’s whatever someone wants to talk about, whenever they want to talk about it.”

It’s important, he says, to just “be there” when someone is talking and to let members drive the conversation. While Boucher has had cancer and understands much of what people are going through, he shares his own experience only when asked. “It’s not about me,” he says matter of factly.

Sometimes those conversations are sad, occasionally they are happy and most of the time they are somewhere between the two. All are confidential. And at the end of every one, Boucher offers one more gift. He asks a question that could easily be a Wellspring Calgary motto: “Is there anything else we can do for you?”

Share your volunteer spirit!

You can be part of the wonderful group of volunteers, staff and facilitators who make Wellspring Calgary the truly remarkable place it is.

Your time and talents can make a profound difference in people’s lives. Whether you want to help on the front desk, have administrative or any special skills to share … or have a particular knack for listening! … you have something to contribute.

Find out more and become part of the Wellspring Calgary family by volunteering — contact Nancy Bilodeau-Cogger at 403.521.5292 or nancybc@wellspringcalgary.ca.
Young people find fun and support in new programs just for them

At age 31, Kevin Yorston didn’t expect to hear the words “you have cancer.” But he did. And now, that experience helps him help other young people navigating their cancer journey in his role as Wellspring Calgary’s new Young Adult Program Coordinator.

“When people aged 18–39 are dealing with cancer, they also may be going into or finishing post-secondary education, starting new careers or new families, or even just moving out of their parents’ home,” Yorston says. “Their stage of life is different than those who are older, and supporting them also must be different.

“Young people may have concerns about fertility, whether they can continue to work or stay in school, what it will be like after they finish treatment and return to work, or how they’ll look after their families. For some, it might be the first time they’re thinking about their own mortality. For many, there’s the realization that they can’t wait until they’re older to start doing things with their lives.”

Wellspring Calgary has recognized the particular needs of young people for some time, and ongoing support from donors made it possible to launch the new Young Adult Program this summer.

“We’re starting slowly, to find out what people want and works best,” Yorston says. “There is huge potential for what we can do in the future, and we want to make sure it’s sustainable.”

Hiking, cooking and digital storytelling (filmmaking) were the first three offerings. “They were fun and active, and also very practical. You meet and talk to people your own age, but it’s not like being in a formal counselling session. By taking part in these activities, you can find things you have in common, and talk openly about your treatment, money issues, how you’re feeling … anything. It can be easier to talk to others who are experiencing the same thing as you, than it is to talk to your friends or family.”

This fall, cooking and yoga classes are planned. Details and sign-up information for the classes and the seasonal e-newsletter are on the Wellspring Calgary website: www.wellspringcalgary.ca.

Yorston also welcomes ideas and suggestions, by contacting him at 403.521.5292 or youngadult@wellspringcalgary.ca.

It’s the most wonderful time of the year … for charitable giving!

When you make a monetary contribution to a registered charity, your gift gives back.

Charitable donations offer a financial boost to your favourite charity and reduce the taxes you pay — and yes, the Canada Revenue Agency (CRA) knows about it and encourages it!

Here is how it works. You donate to a registered charity (ahem … we suggest Wellspring Calgary as a wonderful option) and claim the amount you donated when you file your taxes. You receive provincial and federal tax credits for the amount you donated — and the more you give, the higher the percentage value of the credit. For example, in Alberta, when you donate $200, you receive a total tax credit of $50. When you donate $500, your credit increases to $200, and when you donate $1,000, your tax credit is $450.

To help inspire donors even more, the CRA has introduced a first-time-donor Super Credit. When you claim a charitable donation for the first time, your total tax credit increases by 25%. When it comes to encouraging giving, the CRA definitely belongs on Santa’s “nice” list.

by Chris Hylton
Insurance Broker, Wellspring Calgary member and volunteer

Plan to donate now so you can reduce your 2014 taxes!
Mark your calendar!
Get involved!
Spread the word!
You won’t want to miss it!

It’s shaping up to be an exciting fall — leading right into an even more exciting spring. With opportunities to learn more about living well with cancer, and new events and new ways to support Wellspring Calgary, you’re sure to find something that will pique your interest.

Be a star in the dark!

You can Light It Up Calgary

Turn on your new headlamp — or maybe a glow stick or two — and get ready to light up the course as you support cancer survivors on Saturday, April 11, 2015. Walk or run in the dark in the 3k walk, 5K walk/run, or 10k run at Eau Claire Market at Light It Up Calgary at 8:30 p.m.

This is great fun run event for people of all ages, why not round up family and friends, and give your co-workers a ‘bright’ challenge? Bring together a fun group of people, great food and beverages, the chance to win outstanding prizes and this is an evening well worth tying up your shoe laces.

Check the event website for details as they’re confirmed: www.lightitupcalgary.ca.

What will go best with your bright toupee?

Lots of fun and a great big smile!

Registration opens on Wednesday, October 1, 2014, for Toupee for a Day — to be held Wednesday, March 4, 2015. Wellspring Calgary launched this signature event four years ago and this year Wellspring London and Wellspring Niagara will be part of the fun, creating a truly national event raising funds to support people across Canada who are living with cancer.

Toupee for a Day grows in profile and popularity every year, so make this your year to “do the ‘do” by planning now to wear your colourful toupee to support anyone living with cancer. Ask your friends, family and co-workers to sponsor you for the day — or better yet, get everyone involved and make an even bigger “splash” in Calgary.

And why wait until then? You can hold mini-events right up to March 4th just to get in the mood. Zumba parties, head shaves, Bermuda shorts parties … whatever tickles your fancy can raise funds and awareness for Wellspring Calgary.

Visit the event website for all the details, to sign up and to share highlights of your toupee day: www.toupeeforaday.com.
Learn more about living well with cancer

Invite your friends and family members to join you at two events in Wellspring Calgary’s Speaker Series. Events are free and open to everyone.

**Laughing Through ‘The Big C’: Allison Lane**

**Tuesday, Oct. 14, 2014**
7–9 p.m.
Cardel Theatre
180 Quarry Park Blvd SE

How does a self-sufficient, self-employed, single woman deal with cancer? With a sense of humour! In a live show and documentary video, Allison chronicles three years of her life, one date at a time — a touching roller coaster ride. She believes some of life’s biggest obstacles can become our greatest gifts.

**End-of-Life Care with Meaning and Purpose**

**Thursday, Oct. 16, 2014**
7–9 p.m.
Wellspring Calgary Carma House
1404 Home Road NW

Join a discussion of end-of-life care, including practical suggestions to manage the difficulties of this time and personal preparedness, led by Mary Wallis, RN, from the Palliative Care Consult Service, and Bert Enns, from the Tom Baker Cancer Centre.

**Stepping it up with the Firefighter Stairclimb Challenge**

It’s the tallest building in Western Canada and has never been the site of a charity climb — but that will all change on Sunday, May 3, 2015, when 500 firefighters from near and far gather to climb Calgary’s “highest profile” structure: the iconic BOW Building.

Not only will they ascend 775 vertical feet — more than 1,000 steps — to support Wellspring Calgary, they’ll do it in full firefighter duty gear.

Hosted by the Calgary Firefighters Benevolent Fund (CFBF), this will be history in the making: the first time Calgary has hosted the event, the first time THE BOW has been climbed and the first time Wellspring Calgary has partnered with the CFBF (with the full support of the Calgary Fire Department).

You can help cheer on the climbers and sponsor this remarkable feat (or should we say feet?) of accomplishment. Check the event website for news and updates [www.calgarystairclimb.com](http://www.calgarystairclimb.com).

Donate before Dec. 31 for your 2014 charitable donation receipt at [www.wellspringcalgary.ca](http://www.wellspringcalgary.ca).
Your big heart makes a big difference

Everything we do at Wellspring Calgary is possible because of the generosity of our supporters, who make the cancer journey easier for hundreds of people and their families each year. Here are just some of the creative and personal ways you’ve found to help — and for which we can’t say “thank you” nearly enough.

Two ‘wheely’ big deals

Carson Reiser isn’t your ordinary teenager. He celebrated his 14th birthday by supporting Wellspring Calgary with his 7th Annual Road Warriors Rally in May. Since being inspired by his dad, who took part in the Cancervive ride in 2007, Carson has raised a remarkable $70,000 for Wellspring Calgary. This year, he invited Amy Chiddle from Bow Valley High School in Cochrane to join the ride, along with a team of high school friends. The group made the 24k journey from Carma House to the Calgary Zoo and back, celebrating the end of the ride with well-earned cake and refreshments. Carson and Amy are great examples of what can happen when young people “put the rubber to the road” to help others.

Giving is always in style

Since the independent boutique opened in 1980, PACEY’S … real life clothes in Britannia Plaza has offered something important to Calgary women: current, chic clothes that fit real women. In May, owners Katie and Paul Pearlman hosted their Spring fashion show to feature their exclusive apparel — and raised $1,180 to support Wellspring Calgary in the process.

Paying it ‘fore’ward!

World Health (Edgemont) is all about being active and living well. Since 2009, they’ve taken to the links for an annual golf tournament that supports Wellspring Calgary — raising more than $71,000 so far. It’s a perfect fit for the group, whose organizational mission is to enrich people’s lives by inspiring a healthy and active lifestyle, because Wellspring Calgary does the same for people living with cancer.

Plan a party with purpose!

A Halloween spooktacular? A merry holiday gathering? If your fall and winter events are already taking shape, consider raising funds as a part of the fun. You’ll be the host helping the most by helping Wellspring Calgary!

Your help can inspire others. Tell us your story and you may be featured in the next newsletter!
Helping people ‘live life’ at their best is law firm’s greatest reward

The relationship between Wellspring Calgary and Dentons, the international law firm, is personal — and a prime example of how companies can do many different things to support people living with cancer.

Partner Bill Gilliland learned about Wellspring Calgary when he and his wife took part in the Cancervive ride from Calgary to Austin, Tex., in 2010. That coincided with two close friends being diagnosed with cancer and turning to Wellspring Calgary for help, and learning that colleagues within the firm were doing so as well.

“We had an opportunity to see the real and immediate impact,” he says. “We learned that Wellspring Calgary offers these services free of charge and from a wonderful facility, and that got us interested in fundraising.”

Today, Dentons makes an impact of its own and Wellspring Calgary is one of its “charities of choice.” The firm donates annually and this year is sponsoring the trüWELLathon. Dentons’ employees volunteer at events and in other capacities, increasing the awareness of Wellspring Calgary among employees and clients. And as of January 2014, Gilliland himself became a member of the Wellspring Calgary Board.

“It’s good for us and good for Wellspring Calgary,” Gilliland explains. “Wellspring Calgary is very much a grassroots-type organization, which gives Dentons and our employees an opportunity to get involved with tangible services, facilities and events — things that are very much on the frontlines of helping people deal with cancer.”

That makes supporting trüWELLathon, in particular, a natural fit. “One of the general themes of Wellspring Calgary is to live life, be as positive as possible and move forward. The trüWELLathon takes the traditional team competition paradigm and transfers it into the realm of services Wellspring Calgary provides. It really highlights ‘living life.’”

Yes! I want to ensure that no one has to face cancer alone.

Here is my gift to help support individuals and families living with cancer in Calgary and area:

This is a one-time donation of $ __________________________

OR My chosen monthly amount of $20 $50 $100 Other ________________

Enclosed is my cheque (payable to Wellspring Calgary) OR Charge my donation to my: VISA MasterCard AMEX

I would like to direct my gift to: where most needed other __________________________

Name: __________________________________________________
Address: ________________________________________________
City: _____________________________________________ Postal Code: ____________________
Prov: _______________ Phone: ( _______ ) _______________________

Cardholder Name: ____________________________________________
Credit Card #: _____________________________________________
Expiry (MM/YY) _______/_______ CCV Code: __________________
Signature: ________________________________________________
E-mail: ___________________________________________________

Please contact me about leaving a gift in my will to Wellspring Calgary.

An income tax receipt will be issued for gifts of $20 or more. A valid email address is required to receive a tax receipt.

Wellspring Calgary Carma House 1404 Home Road NW, Calgary, AB T3B 1G7  Tel 403.521.5292  Fax 403.521.5298  Charitable Registration# 809013675 RR0001

Every company counts

You don’t have to be big to make a big difference — you just have to get involved. Experience the rewards of supporting Wellspring Calgary yourself. Contact Suzan Valenta at suzanv@wellspringcalgary.ca or 403.521.5292 to learn more.

“You know you’re making a difference because you get direct feedback every time you visit Wellspring Calgary and meet and talk to members.’

Bring your family and friends to the public Speaker Series. Get details at www.wellspringcalgary.ca.
‘There’s still a lot of joy in my life. Wellspring Calgary helps me with that.’

Linda Hack knows cancer is going to take her life one day. Until then, she’s doing all she can to live her best — and Wellspring Calgary is a huge part of it.

“I received my diagnosis of invasive cervical cancer in March 2010,” she says. “After surgery, chemo and radiation, I expected to feel happy that my treatment was over. But instead I felt like I was in free fall. I had a 20-year career as a nurse, but nothing prepared me for this. I needed to find my footing.”

One Tuesday, on the advice of a nurse, she walked through the doors of Wellspring Calgary. It was the day members gather for tea. “I expected to find sadness or people complaining, but what I heard was laughter — and I hadn’t laughed in months,” she says, her voice echoing the surprise she felt that day. “I was welcomed, supported and embraced, and could see from the variety of people there that I wasn’t alone in how I was feeling. Seeing how far they had come enabled me to move forward.”

From feeling for the first time in her life that she wasn’t capable and didn’t know where to turn, “Wellspring Calgary put me in the right direction.” That included taking part in Healing Journey 1 and 2 and Yoga, and “once I turned my thinking around,” becoming a peer support volunteer and, in April 2013, launching Calgary’s first support group for people with cervical cancer.

She describes Wellspring Calgary as very “community minded,” noting that it provides the space in which her informal support group meets every month.

Donors make everything at Wellspring Calgary possible, and your words are the most powerful way to say “thank you” to everyone who gives dollars and time to ensure no one has to face cancer alone. Tell people about the impact Wellspring Calgary has had on your life — or make a donation to help others — by contacting Suzan Valenta at suzanv@wellspringcalgary.ca or 403.521.5292. Let your story inspire more.

‘Cancer or no cancer, nobody knows what tomorrow will bring. …All we have is the present. I’m living the best life I can.’

Share your story

“Cancer or no cancer, nobody knows what tomorrow will bring,” Hack concludes. “All of us have a decision to make every morning. I could choose to be miserable and close myself off, or to be happy and fully present for my family and friends. All we have is the present. I’m living the best life I can.”

“What I’m doing gives me a sense of peace and joy that’s hard to describe,” she says. “Some of us, regardless of our best efforts, won’t survive our cancer. So support becomes even more crucial at this time. I get so much from Wellspring Calgary — but I also have something to contribute, and I will do so as long as I have breath in my body.”

And while the Tom Baker Cancer Centre is a wonderful facility and Hack says she’s in awe of what they can accomplish, “it’s still a medical facility and my blood pressure rises every time I walk in. Wellspring Calgary is the antithesis of that. It’s a sigh of relief.”

‘Cancer or no cancer, nobody knows what tomorrow will bring. …All we have is the present. I’m living the best life I can.’

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